

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

October 2014

Visit Our Website at:
www.fareshare.net/Parkinsons/

[Visit us on Facebook](#)

Volume 4, Issue 10

This Month's Meeting

We had 56 attendees at the September 4th meeting, including 4 new members. Another great showing and an indication that support groups are needed and help.

Dr. Paul Dash, a Johns Hopkins Community Physician, was our featured speaker at this meeting. He gave a brief presentation of Parkinson's Disease basics and treatment, and he answered a number of questions at the end of his talk.

He was accompanied by Mr. John Olver, a TEVA drug representative. TEVA was kind enough to pay for our lunches at this meeting and we send our thanks to John.

Carolyn and Tim Kilonsky won the \$10 gift certificate to the Western Sizzlin' Restaurant donated by Paul Romsburg and his family. They are two new members and we hope to see them back.

I want to thank Dick Naugle for his humorous story and for asking the blessing.



Have you gotten your flu shot yet?



The Centers for Disease Control and Prevention recommend everyone six months or older should be immunized against the flu annually. Medicare, Medicaid and many private insurance providers cover costs associated with the shot. Check with your doctor or pharmacy today.

October Meeting

MARK YOUR CALENDARS

Join us for our next
Parkinson Support Group Meeting
at the

Western Sizzlin' Steakhouse

17567 York Road, Hagerstown, MD
(301) 791-7560

Thursday, October 2, 2014, 11:45 AM

Upcoming Events

Future Meetings

October 2, Doug DeHaven, Fire Marshall
November 6, Stephen Ryan, Physical Therapist
December 4, Breakout Sessions
2015

January 8, Dr. Kelly Mills, Neurologist, Hopkins
Parkinson's and Movement Disorder Center
February 5, Irene Plessinger, Dietician
March 5, Stephanie Mahan, LSVT/BIG
April 2, Arita McCoy, RN, Johns Hopkins
May 7, Lori Markland, Assistive Technology

Caregivers' Breakfast

Third Monday of every month, 8:30 AM at the Railroad Junction Family Restaurant. September's breakfast is on the 15th. Call Art Guyer for information.

A detailed listing of upcoming events is included on [pages 7 and 8](#).

Other Local Support Group Contacts

Berkeley County Parkinson's Support Group
Debi Corbin, Facilitator, 304-886-8594
danicasgma@aol.com

Winchester Area Parkinson's Support Group
Cheryl Reames, 540-662-4632 or
cwreames@gmail.com
<http://www.walkrunmove.org/>
[Winchester Facebook Page](#)

Cumberland Parkinson's Support Group
Shirley McKinney, Facilitator, 301-729-1427
sjmckinney@atlanticbb.net

Chambersburg Parkinson's Support Group
Kathy Smith, 717-377-8320
kathy.smith@embarqmail.com

Frederick Parkinson's Support Group
John Kraft and Janet Silvious, Facilitators
301-845-6514
janet@fifpdsg.org
www.fifpdsg.org

Our October Speaker is
Doug DeHaven
Hagerstown Fire Marshal

Highlights

[Living Well with PD \(Page 3\)](#)
[Fall Picnic and Outreach \(Page 4\)](#)
[Vaccine Trial, Depression, Anxiety \(Page 5\)](#)
[Symptoms of Depression \(Page 6\)](#)
[Detailed Event Listing \(Pages 7 & 8\)](#)

Attend a Support Group Meeting



[Check out the new Parkinson's Events Calendar On-Line.](#)

The Hagerstown Parkinson's Support Group

Group Facilitator:
Art Guyer
22215 Troy Lane
Hagerstown, MD 21742
240-625-2722
aguyr42@myactv.net

The Hagerstown Parkinson's Support Group
is supported in part by:



17567 York Road Hagerstown, MD
Stop by for lunch or dinner to support them!

Thanks to Paul Romsburg, his family, and staff of the *Western Sizzlin'* for supporting our group.

UNSUBSCRIBE: If you no longer wish to receive this newsletter, please contact the Group Facilitator, Art Guyer.

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Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. In August, **Mike Saterbak, Ecile Shaw, Barbara Harrell, Peg Hayzlett, Norma Craver, Dave DeHaven, and Art Guyer** enjoyed the Caregivers' Breakfast.

This month, caregivers will meet for breakfast on September 15th, at the Railroad Junction Family Restaurant, at 8:30 AM. The restaurant is located at 301 S. Burhans Blvd E, in Hagerstown.

You are encouraged to participate if possible. It gives caregivers the opportunity to seek advice in a safe environment and it allows feedback for future meetings and activities. If you need transportation, let us know and we will take care of it.



Birthdays in September

Happy Birthday to 6 of our members who have September birthdays: **Donna Sanders, Carol Cook, Evelyn Fuller, Jerry Ashway and Carl and Mary Spicher**.

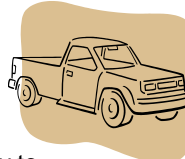
So we can celebrate your birthday at our meetings, contact Art who keeps a master schedule for the group. No years, just month and day!



Need Transportation?

Remember, if you need transportation to our meetings or other events, please let us know.

If you would like a couple of hours of free time and we can take your spouse for a short day trip, we will be happy to try to work something out for you. Give Art a call or send him an email.



In The Hospital?

If you or your spouse, or a member you know is not doing well and/or is in the hospital, please let us know. We like to visit our friends when possible. **Barb Harrell has volunteered as the Sunshine Committee of One** and will be responsible for sending out cards as appropriate. Call her at 301-797-7845 or contact Art if you know someone in need.

Cards

Our card group grew this month also. We had 6 players gather at the Guyer's home on August 15th including two new players, one of which was our first woman to join us. So ladies, get with it and contact **Dave DeHaven** at 301-582-2815 if you would like to play in the next game.



Our September game's date and location will be announced at the picnic and by email as soon as possible. If you miss the announcement, call Dave.

Fall Picnic

On September 12 we will be holding our fall picnic. If you would like to attend, please contact Art ASAP so we can order the right amount of chicken.

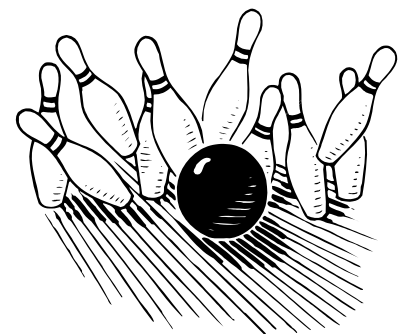


[See Page 5 for details and directions](#)

PD Group Bowling

On Thursday, August 21st we had our third "PD Bowling Event." It was at Southside Bowls on Virginia Avenue in Hagerstown. The alleys were set up for those who have difficulty moving, lifting or even walking.

There were **about 15** members who showed up to participate in the duckpin fun. We divided up into 3 groups and had a great time.



We plan on doing this again on September **18** at 1:15 PM so join us for the fun and the exercise! Call **Dave DeHaven** at 301-582-2815 for more information and directions.

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Living Well with Parkinson's

The Michael J. Fox Foundation

Each person travels his or her own journey with Parkinson's, but there are some things you can do to live well with Parkinson's at any stage.

Here are a few ways to get started:

1. Stay active

Whether swimming laps in the pool or taking a walk with a friend, exercise can improve your mobility, balance and mood. Talk to your doctor to create a routine that's safe and fun for you.

2. Strengthen your relationship with your doctor

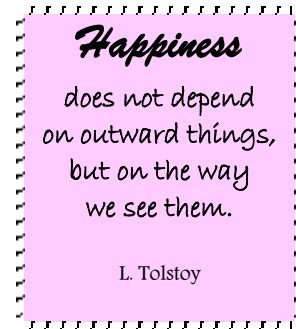
A strong relationship with a doctor who listens and understands you is crucial. A physician who specializes in Parkinson's can connect you with other resources and healthcare providers, too.

3. Keep up with your interests

If you've enjoyed volunteering, attending community events or spending time with friends, continue with those interests. You don't have to let Parkinson's define you.

4. Connect with others

Support Groups and other community events are a great place to meet other people with Parkinson's and connect with resources. Online communities also offer a place to exchange experiences.



Thursday, September 25, 2014: The Washington County (Maryland) Commission on Aging presents Amanda Distefano discussing Fall Prevention, along with light refreshments and a tour of the Senior Center, the outdoor gardens, and the fitness trail. Call 301-671-2368. Note: Not limited to Washington County residents.

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Fall Picnic

When: Friday, September 12, 2014, 12 Noon

Where: Martin L. Snook Memorial Park, Pavilion #4, Hagerstown, MD

Bring a covered dish or dessert and there will be fried chicken. Plates, napkins, utensils and drinks are provided.

There will be free bingo for all! Everyone should bring one or more wrapped, inexpensive "prize" for bingo winners. Prizes can be something you want to get rid of or you can pick up some items from a "dollar store."

Directions:

For those using I-81, go East on I-70 at the I-81/70 Interchange

Eastbound on Interstate 70 (from I-81), take Exit 28, turn left on Downsville Pike; turn left at first traffic light. The park entrance is 100 yards past the light, on the left. Follow the park road to the end and the pavilion will be on the right.

Westbound on Interstate 70 (from Frederick), take Exit 28, the park entrance is 100 yards past the first stop light, on the left. Follow the park road to the end and the pavilion will be on the right.

For more information or to make reservations for the picnic,
contact Art by phone at 240-625-2722 or email at aguver42@myactv.net.



Hagerstown Coffee Talk

We have been invited to *join Hagerstown Coffee Talk*, a networking group open to all business professionals who are in the Senior Services Industry. Members are caring, confident, volunteers that provide leadership and the standards of excellence for the Senior Services industry in Washington County Maryland. The group meets to network and to learn new innovative ways to service Washington County seniors. The Hagerstown Coffee Talk mission is to make a positive difference in the lives of seniors. The next meeting is coming up on Thursday, September 18.

Four-State Parkinson's Support Groups

On September 20, 2014, we are participating in a unique opportunity to meet with the leadership of the "local" support groups in western Maryland and near-by Virginia, West Virginia, and Pennsylvania. Facilitators or leaders of these groups are coming together for the first time to form an alliance that will benefit all of the groups and their members. We anticipate this happening through the sharing of information, ideas, and resources. We hope this will strengthen the groups and provide some leverage and impact in dealing with local medical and community organizations.

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Parkinson's Vaccine Safe in Phase I Trial

Posted by Maggie McGuire, July 31, 2014

A treatment that could slow or stop Parkinson's disease today took one step closer to pharmacy shelves. The Austrian biotech AFFiRiS AG announced positive results of its Phase I safety trial of a vaccine against alpha-synuclein.

Alpha-synuclein is the sticky protein that clumps in the cells of people with Parkinson's, and AFFiRiS hopes to stop disease by inducing antibodies against alpha-synuclein accumulation. The Michael J. Fox Foundation funded this work with close to \$2M, first with a grant for a pre-clinical study and then \$1.5M in 2011 for the Phase I trial. It's the first drug against alpha-synuclein to reach clinical testing.

"A treatment that could slow or stop Parkinson's progression would be a game changer for the five million worldwide living with this disease and the many more who will become at risk as our population ages," said MJFF CEO Todd Sherer, PhD. "This trial is one of the most promising efforts toward that goal."

In two different doses the drug, called PD01A, was safe and tolerable. Half of those vaccinated showed alpha-synuclein antibodies, which is a promising but very early sign. Further trials will test PD01A's benefit to patients.

The next step is a boost study that will test the safety and effect of a boost vaccination (another dose). MJFF will support that trial, which will take place in Vienna, Austria and start recruiting in September.

Depression and Anxiety

"It is very important that depression is considered just as important as any of the other physical symptoms of Parkinson's. Improving mood is one of the most significant ways to address the needs of the complete Parkinson's patient."

- Dr. Michael S. Okun, NPF National Medical Director

NPF recommends that people with Parkinson's disease:

- Get screened for depression at least once a year.
- Seek both medications and counseling for treatment.
- Discuss changes in mood with their healthcare professional and doctor.
- Bring a family member to doctor's appointments to discuss changes in their mood.
- Schedule frequent follow-up visits with your doctor.

See the following page/article on how to recognize depression or anxiety.

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Spotting the Symptoms of Depression and Anxiety

Dr. Sarah Lageman, Neuropsychologist at VCU PMDC

Depression and anxiety are common non-motor symptoms for both Essential Tremor (ET) and Parkinson's disease (PD). These symptoms are rated as more disabling than motor symptoms and negatively impact quality of life.

Stress can make these symptoms worse. Contact your health care team if you or a loved one is exhibiting signs of depression or anxiety. Both are treatable with medication and/or therapy.

Depression is a feeling of sadness or loss of interest that lasts more than two weeks. Common emotional and physical symptoms of depression can include:

- Feeling down, hopeless or sad
- Loss of interest or pleasure in activities
- Feelings of worthlessness or guilt
- Sleep issues (increased or decreased need for sleep)
- Fatigue or low energy
- Feelings of being agitated or keyed up or feeling slowed down
- Weight loss or gain
- Decreased concentration
- Indecisiveness
- Suicidal thoughts or plans

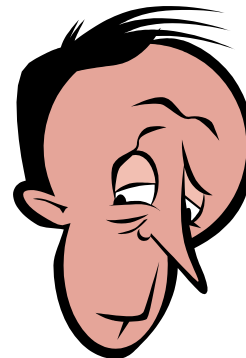
If you should feel like you are going to hurt yourself, contact the National Suicide Prevention Lifeline at 1-800-273-8255 or call 9-1-1.

Symptoms of anxiety vary and can be emotional, cognitive and/or physical, including:

- Feeling nervous or worried
- Difficulty stopping or controlling your worry
- Difficulty concentrating or focusing (blank mind)
- Forgetfulness
- Running thoughts
- Irritability
- Sleep problems
- Fatigue/exhaustion
- Difficulty relaxing
- Feeling restless or on edge
- Muscle Tension, headaches
- Heart palpitations
- Shaking
- Tremor
- Worsening of symptoms with stress

Both depression and anxiety are treatable with medication and/or therapy. Research has shown that a combination of both medication and therapy is the most effective in treating depression. New research has also shown that NOT treating depression can negatively impact motor and cognitive symptoms, functional disability level, and other psychiatric issues.

Your movement disorder neurologist can help manage depression and anxiety, and will understand how these interact with your movement disorder. Ask for referrals for specialists from your movement disorders neurologist, or members of your support group.



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Reminders of upcoming events as of Sunday, September 07, 2014

View our local Parkinson's Support Groups Calendar at: <https://www.localendar.com/public/HPSG>

- Tuesday, September 9, 2014 (2nd Tuesday): Winchester PD Support Group Monthly Meeting at the Family Life Center, Winchester Church of God, 2080 N. Frederick Pike, Route 522 North, Winchester, VA at 11:00 AM. Contact Cheryl Reames for more information at 540-662-4632 or cwreames@gmail.com.
 - Friday, September 12, 2014: HPSG Fall Picnic at Snook Memorial Park in Hagerstown, MD at 12 Noon. Call Art at 240-625-2722 for information or to register.
 - Sunday, September 14, 2014: PFNCA "Walk Off Parkinson's" at Nationals Park, Washington, DC. Call 703-734-1017.
 - Monday, September 15, 2014 (3rd Monday): Caregivers' Breakfast at the Railroad Junction Family Restaurant, 301 Burhans Blvd, Hagerstown, MD, at 8:30 AM. Call Art at 240-625-2722 for information or directions.
 - Tuesday, September 16, 2014 (3rd Tuesday): Chambersburg PD Support Group monthly meeting at Menno Haven in Chambersburg, PA at 2:00 PM. Contact Kathy Smith at 717-377-8320 or kathy.smith@embarqmail.com for information or directions.
 - Wednesday, September 17, 2014 (3rd Wednesday): "Friends in Frederick" PD Support Group monthly meeting at 1:00 PM. Held at Mount Pleasant Ruritan Club in Walkersville, MD. Contact Janet Silvius at 301-845-6514 or jsilvius@yahoo.com.
 - Thursday, September 18, 2014: HPSG Bowling at Southside Bowl, 17325 Virginia Ave, Hagerstown, MD, at 1:15 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
 - Friday, September 19, 2014: HPSG Cards at TBD at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
 - Saturday, September 20, 2014: Initial meeting of the Four-State Alliance for Parkinson's at the Western Sizzlin' Restaurant in Hagerstown, MD, at 11:00 AM. Leaders of the local support groups to attend. Call Art at 240-625-2722 for information or directions.
 - Wednesday, September 24, 2014 (4th Wednesday): Berkeley County Parkinson's Support Group monthly meeting/picnic at 6:30 PM at the *Otterbein United Methodist Church of Martinsburg WV*. Contact Debi Corbin at 304-886-8594 for more information.
 - Thursday, September 25, 2014: The Washington County (Maryland) Commission on Aging presents Amanda Distefano discussing Fall Prevention along with light refreshments and a tour of the Senior Center, the outdoor gardens, and the fitness trail. Call 301-671-2368. Note: Not limited to Washington County residents.
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- Thursday, October 2, 2014 (1st Thursday): Monthly HSPG Meeting at the Western Sizzlin' Restaurant in Hagerstown, MD, at 11:45 AM. Doug DeHaven, Hagerstown Fire Marshall, is the featured speaker. Call Art at 240-625-2722 for information or directions.
 - Friday, October 3, 2014 (1st Friday): Cumberland PD Support Group Monthly Meeting at Grace Memorial Community Church, Cumberland, MD at 4:00 PM. Contact Shirley McKinney for more information and directions at 301-729-1427 or sjmckinney@atlanticbb.net.
 - Sunday, October 12, 2014: Partners in Parkinson's Seminar in Washington, DC. Time is 7:45 AM to 3:45 PM. Information and registration is available on this website: <https://www.partnersinparkinsons.org>.

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- Tuesday, October 14, 2014 (2nd Tuesday): Winchester PD Support Group Monthly Meeting at the Family Life Center, Winchester Church of God, 2080 N. Frederick Pike, Route 522 North, Winchester, VA at 11:00 AM. Contact Cheryl Reames for more information at 540-662-4632 or cwreames@gmail.com.
 - Wednesday, October 15, 2014 (3rd Wednesday): "Friends in Frederick" PD Support Group monthly meeting at 1:00 PM. Held at Mount Pleasant Ruritan Club in Walkersville, MD. Contact Janet Silvious at 301-845-6514 or jsilvious@yahoo.com.
 - Thursday, October 16, 2014: HPSG Bowling at Southside Bowl, 17325 Virginia Ave, Hagerstown, MD, at 1:15 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
 - Friday, October 17, 2014: HPSG Cards at TBD at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
 - Friday, October 17, 24, 31, and November 7, 14 & 21, 2014 Greater Winchester Parkinson's Dance: Shenandoah Conservatory Arts Academy Building from 1:00 PM to 2:00 PM. Contact Cheryl Reames for more information at 540-662-4632 or cwreames@gmail.com.
 - Saturday, October 18, 2014: Johns Hopkins "Pacing 4 Parkinson's" at the Baltimore Running Festival. Call 410-616-2811.
 - Monday, October 20, 2014 (3rd Monday): Caregivers' Breakfast at the Railroad Junction Family Restaurant, 301 Burhans Blvd, Hagerstown, MD, at 8:30 AM. Call Art at 240-625-2722 for information or directions.
 - Tuesday, October 21, 2014 (3rd Tuesday): Chambersburg PD Support Group Monthly Meeting at Menno Haven in Chambersburg, PA at 2:00 PM. Contact Kathy Smith at 717-377-8320 or kathy.smith@embarqmail.com for information or directions.
 - Wednesday, October 22, 2014 (4th Wednesday): Berkeley County Parkinson's Support Group monthly meeting at 6:30 PM at the Otterbein United Methodist Church of Martinsburg WV. Contact Debi Corbin at 304-886-8594 for more information..
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- Thursday, November 6, 2014 (1st Thursday): Monthly HSPG Meeting at the Western Sizzlin' Restaurant in Hagerstown, MD, at 11:45 AM. Dr. Stephen Ryan, Physical Therapist, is the featured speaker. Call Art at 240-625-2722 for information or directions.
 - Friday, November 7, 2014 (1st Friday): Cumberland PD Support Group Monthly Meeting at Grace Memorial Community Church, Cumberland, MD at 4:00 PM. Contact Shirley McKinney for more information and directions at 301-729-1427 or sjmckinney@atlanticbb.net.
 - Friday, November 7, 2014: Support Group Leaders Dinner and Meeting: BWI Airport Marriott, in Baltimore, MD, 4 – 7 PM. Call Bailey Vernon at 410-616-2811 for information.
 - Saturday, November 8, 2014: Johns Hopkins Movement Disorders Symposium, BWI Airport Marriott, in Baltimore, MD. [View the Brochure](#). Call Bailey Vernon at 410-616-2811 for information.
 - Tuesday, November 11, 2014 (2nd Tuesday): Winchester PD Support Group Monthly Meeting at the Family Life Center, Winchester Church of God, 2080 N. Frederick Pike, Route 522 North, Winchester, VA at 11:00 AM. Contact Cheryl Reames for more information at 540-662-4632 or cwreames@gmail.com.
 - Monday, November 17, 2014 (3rd Monday): Caregivers' Breakfast at the Railroad Junction Family Restaurant, 301 Burhans Blvd, Hagerstown, MD, at 8:30 AM. Call Art at 240-625-2722 for information or directions.